

# - Baseball Bat Guide -

## \*\*\* Sizing Charts \*\*\*

Use the charts below as a general guideline for determining **BAT LENGTH**.

BATTER'S HEIGHT	3'-3/4"	3'5"-3'8"	3'9"-4'	4'1"-4'4"	4'5"-4'8"	4'9"-5'	5'1"-5'4"	5'5"-5'8"	5'9"-6'	6'1"-over
under 60lbs	26"	26"	28"	29"	29"	-	-	-	-	-
61-70	27"	27"	28"	29"	30"	30"	-	-	-	-
71-80	-	28"	28"	29"	30"	30"	31"	-	-	-
81-90	-	28"	29"	29"	30"	30"	31"	32"	-	-
91-100	-	28"	29"	30"	30"	31"	31"	32"	-	-
101-110	-	29"	29"	30"	30"	31"	31"	32"	-	-
111-120	-	29"	29"	30"	30"	31"	31"	32"	-	-
121-130	-	29"	30"	30"	30"	31"	32"	33"	33"	-
131-140	-	29"	30"	30"	31"	31"	32"	33"	33"	-
141-150	-	-	30"	30"	31"	31"	32"	33"	33"	-
151-160	-	-	30"	31"	31"	32"	32"	33"	33"	33"
161-170	-	-	-	31"	31"	32"	32"	33"	33"	34"
171-180	-	-	-	-	-	32"	33"	33"	34"	34"
over 180	-	-	-	-	-	-	33"	33"	34"	34"

Age	Length
5-7	24"-28"
8-9	27"-29"
10	28"-30"
11-12	30"-31"
13-14	31"-32"
15-16	32"-33"

Use the charts below as a general guideline for determining **BAT WEIGHT**.

Little League (8-10 yrs)	
Player Height	Bat Weight
48-50"	16-17 oz.
51-54"	17-18 oz.
55-59"	18-19 oz.
60+"	19-20 oz.

Youth League (11-12 yrs)	
Player Weight	Bat Weight
70-80 lbs.	18-19 oz.
81-100 lbs.	19-20 oz.
101-120 lbs.	20-21 oz.
121-140 lbs.	21-22 oz.
141+ lbs.	22-23 oz.

High School & College	
Player Height	Bat Weight
66-68"	27-28 oz.
69-72"	28-29 oz.

73-76"	29-30 oz.
77+"	30-31 oz.

## \*\*\* Baseball Bat Types \*\*\*

- **Tee-Ball Bats**

Tee-Ball bats are for ages approx 5 thru 7. They are generally used in tee-ball and coach pitch leagues. The bat barrel is 2 1/4 inch in diameter. Bat lengths range from 25 inch to 27 inch. Bat weight is measured in *weight drop*, which varies between brands and models. Heavier bats are around *minus 7* weight drop, lighter bats are around *minus 13*.

- **Little League Bats**

Little League bats are for ages approx 7 thru 12. They are used in leagues including Little League, Babe Ruth, Dixie Youth, PONY, and AABC. The bat barrel is 2 1/4 inch in diameter. Bat lengths range from 28 inch to 32 inch. Bat weight is measured in *weight drop*, which varies between brands and models. Heavier bats are around *minus 7* weight drop, lighter bats are around *minus 13*.

- **Senior League Bats**

Senior League bats are for ages approx 10 thru 13. They are used in certain travel and tournament leagues. The bat barrel is available in 2 5/8 inch (high school regulation), and 2 3/4 inch (*Big Barrel*). Bat lengths range from 28 inch to 32 inch. Bat weight is measured in *weight drop*, which varies between brands and models. Heavier bats are around *minus 5* weight drop, lighter bats are around *minus 11*.

- **High School / College Bats**

High School / College bats are for ages approx 13 and up. They are used in most High School and College leagues. The bat barrel is 2 5/8 inch in diameter. Bat lengths range from 30 inch to 34 inch. Bat weight is measured in *weight drop*, which must be *minus 3*. Most leagues require an approved *BESR* stamp on the bat (Bat Exit Speed Rating).

## \*\*\* Composite Baseball Bats \*\*\*

- **A word about Composite Baseball Bats**

Composite Baseball Bats, such as the Easton Stealth Composite and Louisville Catalyst, are fairly new to the *Baseball* scene. They have been used in softball for many years. Early on, there seems to be some mixed reviews on the Composite baseball bats. I believe this is because the *baseball* world is not fully educated on these bats, and don't realize how to make a composite bat work for them.

To start off with, composite bats have a much longer break-in period than aluminum bats, and hitting jugz balls will not do it. If you plan on breaking in these bats in the cages, you need to use real baseballs. Another common complaint in some reviews is the poor durability of these bats. But, what players and coaches must realize is that they are not just swinging a hunk of

metal anymore. Composite bats should not be used in cold weather; temperatures less than 70 degrees they can easily break, as many are finding out. Another common complaint is the cost. Yes, they are expensive, but if broken in correctly and used correctly, you will get so much more out of your bat than the aluminum or hybrids of past years.

There are several Pros and Cons (and misconceptions) about composite bats, but players and coaches need to have the correct information before making a judgment. After I explained the proper break-in and use of composites to a few of our high school players, they were amazed at the difference. At first, the ball will sound like it came off a wooden bat, which was another complaint in many reviews, but with proper effort and care you can break them in to the point where it sounds more like a *rifle* than wood. Players, coaches and parents need to know what they are buying. Without proper knowledge, they are just buying a \$300 or \$400 *Bat*, but with the correct knowledge they could be buying \$300 *Lightning Rod*. Composite bats give a whole lot more forgiveness for the imperfect swing, and have the potential to make the average hitter a clean-up hitter.